


Community Services - Senior Nutrition Program Menu
Joe C. Montoya Adult and Community Center – 245 Thorpe Road
Kitchen / Reservations (928) 774-2606

August 2016 Menu

Reservations Must Be Made By 2:00pm the Day Before
BE SURE TO RESERVE, TO KNOW YOU'LL GET SERVED!!

Monday	Tuesday	Wednesday	Thursday	Friday
01 Fried Chicken, potato salad, slaw, peaches	02 Baked fish, wild rice, salad, broccoli, pineapple	03 <u>English</u> Salisbury Steak, mashed potatoes, mixed veggies, apple sauce	04 Deluxe Tuna Salad, soup, mandarin oranges	05 <u>Mexican</u> Chili Rellenos, pears beans, carrots,
08 Clam Chowder, Salad, Melon	09 <u>Mexican</u> Tamales, beans, fiesta corn, orange	10 Santa Fe Turkey Melt, Potato wedges, carrot sticks, pears	11 Ham, black eye peas, salad, corn bread, peaches	12 Chicken Broccoli Casserole, green salad, apple crisp
15 Baked Potato Bar, green salad, mango	16 Baked Chicken, rice, broccoli, salad, orange	17 Pulled Pork, yams, mixed vegetables, apple	18 <u>Breakfast</u> Burrito, V-* juice cantaloupe	19 Egg Salad Sandwich, slaw, soup, peaches
22 <u>Western</u> Chili Beans, salad, peaches	23 Mushroom Chicken, w/ egg noodles, green salad, mixed veggies, pears	24 Beef <i>Chef's Surprise</i> 	25 <u>Italian</u> Meat ball sandwich, pea salad, celery and carrot sticks, mango	26 <u>Spanish</u> Fish Taco w/ cabbage, beans, orange
29 Chicken, Veggies, rice, salad, fruit	30 Beef Stew, Green Salad, fruit	31 Turkey, potatoes, stuffing, mixed veggies, fruit	01 Macaroni & Cheese with Brussels Sprouts Salad, fruit	<i>The Senior Nutrition Program is funded in part by Coconino County, DES, and NACOG</i>

- Each Congregate meal is served with Coffee, Tea or Juice, and 1% Low fat Milk or Soy Milk
- Soup is also, served on certain days at the congregate site only.
- To Cancel a Home Delivered Meal (MOW) for the day, please call 774-2606 before 9 am.
- To make or cancel a reservation at the congregate site please call 774-2606
- Vegetarian or alternate meals may be served daily at the congregate site only. Please call the Kitchen at 774-2606 one day in advance for a vegetarian or alternate meal.
- MOW Participants: Please return clean plastic trays to delivery driver the following day. All trays may be placed in a microwave. **DO NOT PLACE TRAYS IN OVEN**
- You may be charged for any damaged plastic tray.
- Meal Cost:
 - Seniors – Suggested contribution (60 years & older or spouse) **\$4.00**
 - Mandatory Lunch Fees: Adult (59 years and under) **\$5.00**
 - Children (12 and under) **\$4.00**

“Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”